

# Senior Nutrition

# Central District Health Department

## The Meal Times

Back Issues of this publication  
are available on our website:  
[cdhd.idaho.gov](http://cdhd.idaho.gov)

### In This Issue:

We Recycle

Recipient Spotlight

Volunteer Spotlight

Thank You For Your  
Donations

Water, Water  
Everywhere

Memorials

Donor Profile

## WE RECYCLE

"Going green" and "recycling" seem to be the new buzz words in today's world. But the Senior Nutrition Program at Central District Health Department (CDHD) has been actively recycling for ages.



"Meals On Wheels clients have been helping us to recycle our aluminum trays for 20 years," said Angela Spain, Senior Nutrition Program Manager. Client meals are served in aluminum trays five days a week. And some clients also get frozen meals for weekend and holidays. "Multiply that by approximately 600 meals per day and it adds up to a lot of aluminum."

Clients are asked to wash out their trays after finishing a meal and then place them in a paper bag for pick up by their driver, who in turn brings the aluminum back to the Meals On Wheels program. "We take the aluminum to the recycling center and that money goes directly back into the program to provide meals for our seniors. We average about \$1,200 a year."

Spain explained that Sanitation Services also picks up tin cans for recycling from the Meridian Senior Center, one of the kitchens where CDHD prepares food for the Meals On Wheels program. "We fill a 3 cubic yard dumpster twice a month. Even though we aren't generating any money by recycling, it keeps the tin out of the landfill," she said.

Cardboard is another product that gets recycled. "We have a volunteer that picks up the cardboard at the Meridian Senior Center every Friday," Spain said. "Again, we don't make any money from this collection, but we're pleased that it's being recycled and not going to the Ada County landfill."

Spain said the program has plans to expand their recycling efforts to all of the meal sites where food is prepared in the near future.

Another recycling program that has had great returns for the program is Project KOPEG (Keep Our Planet Earth Green). Individuals and businesses are encouraged to collect used printer and toner ink cartridges, iPods, MP3 players, digital cameras, pocket PC's, PDA's and other handheld electronic devices.

*Continued on page 5...*

**We're A Tobacco Free Zone**



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. **Thank you for your cooperation.**



**Our Mission Statement:** To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

[CDHD.IDAHO.GOV](http://CDHD.IDAHO.GOV)

## SENIOR NUTRITION PROGRAM

Meals On Wheels  
707 N Armstrong Pl  
Boise ID 83704 • 327-7460

**Angela Spain**  
Program Manager  
327-8544

**Cheryl Johnson**  
Comm. Meals Services Supervisor  
327-8552

**Norma Russell**  
Administrative Assistant  
327-7460

**Jennifer Bourff**  
Administrative Assistant  
327-7460

### DINING SITE LOCATIONS:

(Meals served at noon)

Star Senior Center  
Wed & Fri  
102 S. Main Street  
Star, ID 83669  
286-7943

Garden City Senior Center  
Wed & Fri  
3858 Reed  
Garden City, ID 83714  
336-8122

Mt. Home Senior Center  
Mon, Wed, Fri  
1000 N. 3rd, East  
Mt. Home, ID 83647  
587-4562

Glenns Ferry Senior Center  
Mon, Tue, Thu  
510 E. Cleveland  
Glenns Ferry, ID 83623  
366-2051

Boise Senior Center  
Mon thru Fri  
690 Robbins Rd.  
Boise, ID 83702  
345-9921

Kuna Senior Center  
Mon, Wed, Fri  
299 Avenue B  
Kuna, ID 83634  
922-9714

Meridian Senior Center  
Mon thru Fri  
133 Broadway  
Meridian, ID 83642  
888-5555

Samaritan Village Apts.  
Mon thru Fri  
3350 Collister  
Boise, ID 83703  
343-9504

Northgate Senior Village  
Mon thru Fri  
5901 Ellens Ferry Way  
Boise, ID 83703  
853-8448

Eagle Senior Center  
Tues & Thurs  
312 E. State St.  
Eagle, ID 83616  
939-0475

## Recipient Spotlight

**Sue  
Howe**

For 99-year-old Sue Howe, “just getting up each day and taking it as it comes” is her secret to living a good, long life. Howe, who turned 99 in August, just started receiving Meals On Wheels in February of this year.

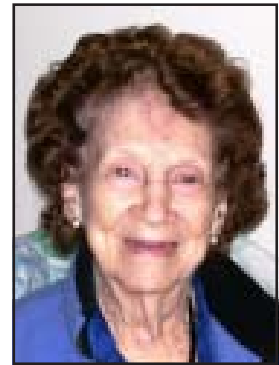
“I can’t see real well and I have to use a walker to get around, so cooking a meal is a great deal of work for me,” she said. “I had learned about the Meals On Wheels program through other friends who live in my apartment complex and thought I’d give them a try.”

She receives the meals five days a week and says they’re very well-balanced. “I especially enjoy the oven fried chicken and the breakfast meal with scrambled eggs. The salads are great too.”

Howe, who has lived in Boise for the past 25 years, retired at the age of 94 from her clerical job with the Boise National Forest. “I worked there for 23 years and loved it. I really liked the people, the work and the atmosphere.”

These days, Howe stays busy and active with help from her two daughters who live in the area and other friends. One of her favorite outings is to The Boise Little Theatre. She served as a volunteer for the organization for 25 years. “I finally had to stop volunteering at 96,” she said. “But I still really enjoy seeing the shows.”

Maybe that’s the real secret to Howe’s longevity – knowing no matter what, the show must go on.



Sue Howe

## Volunteer Spotlight

**Jack  
Keller**



Jack Keller

Jack Keller has significantly helped improve the lives of Boise seniors since January 2000. In that time he’s contributed more than 550 hours to the Meals On Wheels program.

Jack started delivering Meals On Wheels while he was still employed part-time. He is now fully retired and serves as a back-up driver on 12 of the 31 volunteer routes.

“I really like the people I serve,” said Keller. “I enjoy talking with them and they’re always happy to see me – even if I’m late,” he says with a chuckle.

Jack says he enjoys being a back-up driver because he’s able to get around and see more people. “These folks really need the meals because so many of them can’t get out of their house,” he said.

Jack volunteers to deliver special meals during the year, at Christmas and Easter.

He also serves as an ambassador of the program by always telling others the benefits of volunteering. “It’s a very fulfilling thing to do. It’s a great way to help so many people in our community,” he said.

# Thank You For Your Donations!

Donations are from July to September 2008

James or Mildred Adams  
Vincent or Rowena Agnetta  
Charles or Tiffany Albanese  
Jim or Phyllis Alter  
Lorraine Andre  
Betty Armstrong  
Thompson or Sandra Baker  
Elvin or Amanda Balance  
Mary Ballantyne  
Ballet Idaho  
Richard Barger  
Bark N Purr  
Dorothy Bastian  
Richard or Kathy Bauer  
Allen or Marjorie Bauscher  
Devon or Willadean Beer  
Stanley or Ann Bell  
Brad or Renee Bergquist  
Eugene or Angela Bickley  
Shannon or Tom Blaine  
John or Jacqueline Blake  
Linda Blessinger  
Boise Hawks Baseball Club  
Boisehome.com  
Boondocks Fun Center  
Kathy or Patrick Bronson  
Stephen or Anne Brown  
Build-A-Bear  
Harry or Margaret Burris  
Roger or Barbara Button  
David or Marilyn Carmen  
Casanova Pizzeria  
George or Karol Cawthon  
Vera Cederstrom  
Chicago Connection  
Philip or Susan Choules  
Chuck-A-Rama  
William or Kristina Clark  
Mary Clark  
David or Monica Clements  
Bruce or Roberta Cleveland  
Donald Cobb  
John or Lillian Conrads  
John or Elaine Conway  
Robert or Pamela Cort  
Courtyard Marriott  
Larry Crockett  
Ruth Ann Cumming  
Marthalene Cummings  
William or Helen Curtis  
Frank or Karen Daniels  
Norma Dawson  
Diane Diaz  
Domino's Pizza  
Weda Dooley

Bill Douglas  
Dale or Jane Dunn  
Edible Arrangements  
Marjorie Ewing  
Fiesta Guadalajara  
Lyle or Rose Fisher  
Flying Pie Pizza  
Harold or Janet Ford  
John or Patricia Fraser  
Larry or Pam Frei  
James Frisch  
Beverly or Harry Fritchman  
James or Jacqueline  
Fullbright  
Genesis For Life/Anytime  
Fitness  
Thelma George  
Carolyn Gilbert  
Michael or Marie Gillespie  
Terry or Kathleen Gilton  
Peter or Wanda Glos  
Golden Corral  
Barbara Goldstein  
Barbara or Robert Gordon  
Richard Grant  
Lorraine or Steve Graves  
Hiram Gregory  
Michael or Lynn Gress  
Don Grotegut  
Mary Gutierrez  
Curtis or Sandra Haines  
Lew or Kathy Hammers  
David or Kathy Hammes  
Gregory or Catherine  
Hampton  
Lecia Harris  
Albert Harshbarger  
Cyril or Charito Hatfield  
Walter or Patsy Haught  
Ralph or Ruby Hawkins  
Henderson Corp.  
Thomas or Charlotte Herf  
Hopewell Enterprises  
Omar or Juanita Hovde  
Richard or Cheryl Hudson  
Doris Huffman  
Kay Hug  
Idaho Botanical Garden  
Idaho History Museum  
Idaho Public Television  
JWeil Food Services  
Jackson Food Stores  
Max or Diana James  
Benjamin or Rhonda  
Jennings

Joan Jenson  
Vernon or Evelyn Jones  
William Killen  
Barbara Kirkpatrick  
Helen Ann Knapton  
Ed or Sharon Koelling  
Tim or Mary Beth Lamott  
Jerome or Sharon Lang  
Jan Laskey  
Larry or Louise Leavelle  
Charles Logue  
Sharon Losasso  
Harold Malterre  
MarCon, Inc.  
Norm or Brenda Marcum  
Mariposa Labs LLC  
Barbara Martin  
William or Kerrie Mattravers  
Emerson or Joann Maxson  
Kathleen McClenahan  
Jill McDowell  
Helen McLaughlin  
Harless McMikle  
Wanda McNeel  
Steve or Denise Mehlberg  
Lois Mitchell  
Carmen Moline  
Donald or Nadene Mondt  
Emagene or Leon Moore  
Tom or Beatrice Most  
Mtn. Home AFB Officers'  
Spouses' Club  
Robert Nahas  
Gary or Nancy Nelson  
Gregg Nichols  
Ron Nordling  
Vida or David Ober  
Obtanium Technology  
Recyclers  
Glenn Overacre  
Susan Pahlas  
Polly Parmelee  
Shauna Pendergrass  
Ella Peterson  
Joe or Donna Piscione  
George or Sharron Presley  
Project KOPEG  
Pro-tek Chemical Inc.  
Mark or Betty Purdy  
Dan or Jane Raynor  
Philip or Jill Reed  
Reynold's Accounting  
Mary Rockrohr  
Rocks Natural Idaho  
Spring Water

Jay or Judy Romlein  
Herbert or Crystal Ropos  
Patrick or Penny Roundtree  
Wilfred Roy  
Alberta Sander  
Ethna Scaraglino  
John or Karen Schindele  
William or Catherine Schroeder  
Lowell or Kathy Schuknecht  
Kenneth Sherman, DDS  
David or Rebecca Shuldes  
James or Sherry Smith  
Kenneth or Phyllis Smith  
Shirley Smith  
Franklin or Georgene Smith  
Lee or Norman Smith  
Svea Sorenson  
Harvey or Helen Springer  
Thornton or Elisabeth Stearns  
Janet Stevens  
Robert Tangen  
David or Beverly Taylor  
The Cheesecake Factory  
The Grove Hotel  
Bill or Hannelore Thibadeau  
Philip or Heidrun Toomey  
Sharon Treese  
Steve or Shauna Tubbs-Pratt  
Gene or Beverly Tuttle  
United Way of Treasure Valley  
Ronald or Marion Vandongen  
Gregory or Shirley Vaughn  
Fred Wagahoff  
Verna Walker  
Sharon Waller  
John Larry Warner  
C Everne or Mary Ann Wartman  
Joyce Weinert  
Donald or Judy Wells  
Karen or Kyle White  
Marie White  
Denise Whittier  
William or Mary Alice Wilson  
James or Janene Wilson  
Robert or Kay Wilt  
Kenneth or Linda Winer  
Janice or Bruce Wong  
Alethea Woodall  
Shirley Young  
Benjamin or Lois Young  
Jeanne Young  
Randy Zagata  
Donald or Rhoda Zaph  
David or Bonnie Zimmer

**Thank You**

# Water, Water Everywhere!

Scientists tell us the human body is 55-60% water, which makes drinking water very important, especially for seniors. With the help of two big donations the Meals On Wheels program was able to deliver refreshing and healthy messages about water to the seniors on the program.

When temperatures were hovering in the high-90s this past July, Meals On Wheels teamed up with Rocks Natural Idaho Spring Water to help the elderly stay cool and hydrated. In addition to their regular meals, Meals On Wheels clients received a bottle of water and an information sheet on how to avoid dehydration.

"The hot weather is hard on all of us, but it's especially tough on seniors," said Senior Nutrition Program Manager Angela Spain, "We wanted to remind seniors about the dangers of heat stress and the importance of staying hydrated. We were excited to have Rocks Natural Idaho Spring Water help us deliver that message in a refreshing way."

Drinking enough water is important year-round and so the theme was carried through in September with the help of another generous donor. Paul Frantellizzi, owner of Earthpure Organics, donated 600 bottles of water in biodegradable corn eco-water bottles to be distributed to Meals On Wheels recipients.

"Our program distributes a senior nutrition lesson to each Meals On Wheels client every month, and we decided that drinking enough water was a top priority," said Spain.

There are many benefits of drinking water year-round, even when it gets cooler outside. The benefits include reducing headaches and dizziness, increasing mental and physical performance, enhancing energy, allowing for proper digestion, keeping skin healthy and reducing dementia in the elderly.

The Earthpure water even came in a 'green' package. According to Frantellizzi, the water bottle degrades completely in a compost environment in just 80 days compared to the nearly endless landfill life-span of the typical plastic water bottle. "The bottles are more expensive to produce, but they use 33 percent less energy compared to conventional plastic containers during production. We're the only company in the US that has this bottle," said Frantellizzi.

Also of note, all of Earthpure Organics products, including the bottled water, are fully carbon offset with Green-e™ certified wind power credits. "We want to thank Earthpure Organics for their contribution to our program and also by helping us to keep our earth green with the use of their unique products," said Spain.



*Paul Frantellizzi, Audrey Alexander and Justin Ridle stand in front of hundreds of biodegradable corn eco-water bottles in their warehouse.*



*Renee Voorhees and her granddaughter Kennedy hand a bottle of Rocks Natural Idaho Spring Water to Meals On Wheels client Shirley Eastburn.*



earthpure™  
organics

## May Alice Embry

Russell or Alice Baer  
Ronald Bruce  
Joe or Joan Caldwell  
B C Cordes  
Norma Hammack  
Neva Hazen  
IDALS  
Lisa Moser

## Memorials for July to Sept. 08

### Hubert Iverson

Jane Waggoner

### Sally Rutledge

Jane Waggoner

### Doris M. Stanchfield

Edward & Terrylee Hargreaves

### Evelyn Hollenbeck

Franklin & Georgene E. Smith

## Keith Hug

Lorraine Fortunati  
CDHD Immunization Dept.

### IN HONOR OF:

### Harriet Berenter

Jerome or Susan Cagen

... Continued from page 1

"A business then calls our program for a pick up of their items or they drop them off at our collection box by the front door of Central District Health," said Spain. "We've enjoyed a great partnership with Project KOPEG. Since June 2006 we've raised \$4,296 for the program. That's the equivalent of 716 meals for our seniors."

Individuals and businesses are encouraged to call the Senior Nutrition Program office at 327-7460 to recycle these types of items.

Some of the recycling efforts of the Meals On Wheels program were featured on the CBS 2 News "Project Green" program in September. To see the program visit the CBS 2 News website: <http://www.2news.tv/green>

## Donor Profile

### Chef Christopher Hain



Chef Christopher Hain

For Emilio's Executive Chef Christopher Hain, food is all about comfort and consistency.

"My focus and philosophy is to make food accessible. That means giving guests upscale and interesting food while remaining approachable and affordable," he said. Being born and raised in Idaho, Hain also likes to incorporate as many local ingredients as he can.

Hain is a firm believer that everyone should understand what they're being served. "Sometimes the language we associate with food is complicated and people aren't sure what they're ordering. With our menu, you know exactly what you'll be served and hopefully it exceeds your expectations," he said.

Hain has been creating his culinary magic at various fine dining restaurants in Boise for the past 15 years. He became the executive chef of The Grove Hotel, in April 2007. "We serve breakfast, lunch and dinner in Emilio's and cater for hundreds of guests daily in our expansive meeting spaces," he said.

Hain is quick to add that local patrons from surrounding businesses can get in and out for lunch within 45 minutes. "We developed a 3-tier pricing structure that makes ordering very easy and affordable," he said. In addition to the special pricing for lunch, Hain has incorporated a fixed price, four-course dinner which includes any salad, sorbet, entrée and dessert chosen from the menu for \$29.00 per person.

Hain has been a regular supporter of Meals On Wheels and especially the Culinary Walk-About event since 2001. "I really enjoy the event," he said. "It's great to see what other chefs in Boise are doing and rewarding that we (chefs) can help such a good cause."



Central District Health Department  
Senior Nutrition  
707 N. Armstrong Pl.  
Boise, ID 83704-0825

PRSRT STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 1  
BOISE, ID

# EMILIO'S

*Chris Hain*  
*Executive Chef*



*"An out of town experience in the heart of downtown Boise."*

[www.emiliosboise.com](http://www.emiliosboise.com)



THE GROVE HOTEL

208-333-8002